

UNDERSTANDING REAL ESTATE TAX RELIEF PROGRAMS

Deborah Cochrane from the Foxborough Tax Assessors' Office will be here at the senior center for an informational program on Thursday, January 7th at 10:00 a.m. She will be speaking on real estate tax exemptions that are available to qualifying Foxborough residents who may be eligible for tax assistance. Widows, seniors, veterans, those who suffer from blindness, etc. may find that they are eligible for some tax relief. This is your chance to ask Debbie any questions you may have regarding local real estate tax rates and find out if you qualify for any of the available tax assistance programs. Please call the senior center at 508-543-1252 to let us know if you'll be joining us.

Monday, December 7

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Podiatrist 12:00 noon

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, December 8

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure 10:00 a.m.

Nutrition 11:00 a.m.

Classic Move Day – "The Bishop's Wife" 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, December 9

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Walmart 1:00 p.m.

Country Line Dancing 2:00 p.m.

Gary Hylander lecture on "For Whom the Bell Tolls" - 4:30 p.m.

Thursday, December 10

Coffee Connection 8:30 a.m. to 11:30 a.m.

Holiday Party at the Senior Center 1:00 p.m.

Friday, December 11

Coffee Connection 8:30 a.m. to 12:00 noon

Stop & Shop 8:30 a.m.

Aerobic Exercise 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

AUDIO-DESCRIBED CLASSIC MOVIE

Join us on Thursday, December 17th at 1:00 p.m. for an audio described showing of the holiday movie classic "White Christmas" starring Bing Crosby and Danny Kaye. Described videos provide narration of a program's

key visual elements, such as characters' actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in dialogue. The result is a finished soundtrack that enables visually impaired viewers to fully understand the film through listening. This program is open to everyone, so come and enjoy this movie experience with the Low Vision Support Group here at the senior center. Popcorn is included! Call us at 508-543-1252 to sign up in advance.

SENIOR CENTER HOLIDAY PARTY

The holidays are on the way, so come join us at the senior center on Thursday, December 10th from 1:00 to 3:00 p.m. as we get together for our Annual Holiday Party. Get into the holiday spirit as we enjoy a special time together filled with treats to eat, music and lots of laughs. The Friends of Foxboro Seniors are sponsoring our musical entertainment by DJ Dave Valerio. Sing along, tap your feet or just sit back and get into the spirit. The price of admission is the donation of a canned or boxed food item/s to the Foxborough Food Pantry or a donation to the Foxborough Discretionary Fund. During this upcoming holiday season, the Food Pantry has listed the following items as suggested donations: beef stew, toilet paper, jelly, juice, fluff and coffee. Seating is limited. If you'd like to join us for this festive event, please call the senior center at 508-543-1252 to sign up.

CLASSIC MOVIE DAY

The featured movie classic for the month of December will be "The Bishop's Wife" and is scheduled for Tuesday, December 8th at 12:30 p.m. When Episcopalian bishop Henry Broughman (David Niven) prays for divine guidance in his efforts to raise the necessary funds for a new cathedral, his prayers are answered in the form of a handsome, personable guardian angel named Dudley (Cary Grant). Establishing himself as a Yuletide guest in the Broughman home, Dudley arouses the ire of Henry, who, unaware that his visitor is from Up Above, assumes that Dudley has designs on the bishop's wife Julia (Loretta Young). Eventually, the lives of both Henry and Julia are agreeably altered by the presence of the affable angel. Henry regains the "common touch" he'd almost lost, while Julia realizes anew how much she truly loves her husband. So feel free to bring your lunch to enjoy ahead of time in our Coffee Connection at the senior center and then enjoy a great film classic. If you'd like to join us, please call 508-543-1252 to sign up.

GARY HYLANDER'S LITERATURE LECTURE SERIES

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, December 9th at 4:30 p.m. for a literature lecture on the classic novel "*For Whom the Bell Tolls*." In 1937, author Ernest Hemingway traveled to Spain to cover the civil war there for the North American Newspaper Alliance. Three years later he completed the greatest novel to emerge from "the good fight," *For Whom the Bell Tolls*. This is the story of Robert Jordan, a young American in the International Brigades attached to an antifascist guerilla unit in the mountains of Spain, and it tells of loyalty and courage, love and defeat, and the tragic death of an ideal. The entire novel covers a span of just 3 days and it is considered by many to be one of the best war novels of all time. Please call the senior center at 508-543-1252 to sign up and reserve yourself a seat for this interesting and informational program.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, December 16th, we'll be enjoying our menu of boneless stuffed chicken breast, red bliss potato, vegetable medley and holiday pie. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that

evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, December 14th to make your reservation and to arrange for transportation, if needed.

RESOURCES AND INFORMATIONAL SERVICES

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$33,126 for a one-person household, \$43,319 for two people, \$53,511 for three people, \$63,704 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you are out in the cold. Beginning on November 2nd, call the senior center at 508-543-1252 for information on this program or to make an appointment to fill out an application for the upcoming winter season.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, December 8th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: **it is important to review, understand and save this information.** During Medicare Open Enrollment, now through December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL COUNSELING ON ALL Medicare and related health insurance programs. To make an appointment, please call the senior center at 508-543-1252.

2016 MEDICARE PART B PREMIUM

You may have heard that your Medicare Part B premium is going up. This is NOT true for everyone! Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month. (There was no cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced.) Those newly enrolled in Part B this year will likely pay \$121.80 per month. People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 per couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B. Trained SHINE (Serving Health Insurance Needs of Everyone....on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE- INFO (1-800-243-4636) then press or say "3". Once you get the SHINE answering machine, leave your name and telephone number and a volunteer will call you back as soon as possible.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for December 17th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may

have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up and appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, December 7th. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba Gold classes are meeting twice a week in the senior center; on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings from 11:30 a.m. to 12:30 p.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on

Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

December 9 – Walmart

December 16 – Kohls/Mansfield Crossing

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, December 7

Chicken Stew with Vegetables

Parsley Mashed Potatoes

Snowflake Roll

Mixed Fruit

Calories 403

Sodium 321

Tuesday, December 8

Shepherd's Pie

Beets

Whole Wheat roll

Applesauce

Calories 458

Sodium 445

Wednesday, December 9

Beef Burgundy

Egg Noodles

Genoa Blend Vegetables

Oatmeal Roll

Pineapple

Calories 464

Sodium 307

Thursday, December 10

Chicken Picatta

Red Bliss Potato

Holiday Blend Vegetables

Whole Wheat Bread

Pumpkin Pie

Calories 274

Sodium 455

Friday, December 11

Rainbow Trout with Lemon Poppy Sauce

Potato Wedges

Riviera Blend Vegetables

Wheat Bread

Strawberry cup

Calories 396

Sodium 194